

*A circle is a group of people in which everyone has a front seat.*

## SENIOR FOCUS Margaret Solomon Shalaby *Sustained by Family and World Travels*

By Katrina Schickel

Imagine for a moment. The year is 1953. You are a young, single female traveling to Syria via cargo boat....from Myers Heights in Lansing, New York. This is a story of a young woman whose curiosity, hard work and love of family took her to countries that spanned the globe, where she learned about her own heritage as well as that of her husband. She experienced life in cultures far different from her own.

Margaret Solomon Shalaby is indeed, a woman of substance. She exudes a warmth and directness that beckons you to take a seat, listen and be both inspired and transported.

Her story begins with family. Family is at the root of her curiosity and it is also what sustains her throughout her travels. Margaret's grandfather came to this country in

1900. "My grandfather lived in a mud hut in a village in Syria. He came to this country in 1900 and subsequently to Lansing to work for the International Salt Co. He never wanted to go back to Syria because he loved his life here in Lansing."

The International Salt Company hired many people from that part of the world and ultimately built homes for them at Myers Heights. Margaret still lives in the house where she grew up. This is a beautiful home with many windows and light that fills the space. Pictures of family and artifacts from her travels line the walls and surfaces. Perhaps the magnificent view of Cayuga Lake recalls her excursions around the world. I loved hearing her tell me about what life was like when she was growing up in this unique location.

"We were a close community. Most of the people here at Myers Heights were my relatives. I had three aunts and uncles and two sets of grandparents that all lived here on this little street, although at that time there wasn't a street – there was grass between the houses. I recall there was a wonderful Hungarian family on the corner and they had a big metal vat where they would cook donuts outside for everyone. It was a great place to grow up. If you didn't like what you were having for dinner that night, you could just go next door and see if you would fare any better!"

Margaret remembers hearing stories from her grandfather about the villages and the countryside in



Margaret Solomon Shalaby

Syria and she vowed that one day she would go to Syria to see for herself.

The dreams of this young girl were nurtured by her family and by her education which provided her

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## Thanks to RSVP Volunteers

Lifelong's Tax Counseling for the Elderly Program completed its 33<sup>rd</sup> season this April, preparing over 600 tax returns for local families in less than three months. IRS-certified tax preparers study current tax law, prepare simple tax returns for free, e-file for faster refunds, and work with clients to answer questions as they go. They even make house calls to assist homebound individuals with their taxes. But what's most amazing

about these tax preparers is that they do it all as volunteers through the Retired and Senior Volunteer Program (RSVP).

Lifelong and RSVP would like to thank the many generous volunteers who scheduled appointments, coordinated tax sites, and prepared taxes this year:

Bob Anderson, Sarla Aneja, Sandy Baxter, Dorothy Buerk, Alta Bullivant, Suzanne Bury, Joyce Cox, Tanya Garger, Pris Glenn, Jane Hammond, Ron Havard, Jane Jones, Carl Judd, Anne Kellerman, Ian Langsner, Bruce Layton, Howard London, Judith Meade, Barbara Melvin, Paul O'dell, Anna Raphaelidis, John Rawlins, Nancy Richards, Joseph Rosenblum, Carmela Savarese, Lynda Skibitsky, Carol Uber, Ann Van de Mark, Jack Van Derzee, Janet Volpicelli, Lyle Wadell, Jean Walters, Virginia Waters and Jane Zimmer.

As a result of this service, clients experience less stress about taxes and are more confident that their taxes are filed correctly. Many clients avoid the cost of a paid tax preparer, which can range from \$50 to \$500 per year. As of March 31, the tax program helped bring a net \$256,000 in federal refunds to Tompkins County.

Lifelong and RSVP would like

to thank United Way of Tompkins County and many friends who donate to Lifelong in support of this program. We'd also like to thank our partners: Challenge Industries, Lansing Community Library, and Ulysses Philomathic Library. For more information about this program or to volunteer, call RSVP at 273-1511.

## Lifelong's 59th Annual Meeting on May 19th

Lifelong will hold its 59<sup>th</sup> Annual Meeting on Thursday, May 19, 2011, at Noon at the Ramada Inn. Please make your reservation by calling Lifelong at 273-1511 no later than May 12 for \$15 per person in advance or \$18 at the door.

This year's keynote speaker will be Scott Callan from the History Center, who will speak on "The Life and Letters of Private John Tidd: the Civil War through a Local Soldier's Eyes"

At the meeting we will be thanking Sarla Aneja and Cathe Gordon, who have both served on the board for the past six years. Sarla has served as Treasurer and Cathe has served as Secretary.

The Nominating Committee will nominate four board members to continue to serve on the board

for their second terms: Nancy Leeming, Thomas Rohrer, Dan Sisler, and Phil Winn. Nominated to their first term are Joy Blumkin, Carol Eichler, Mary Ann Erickson and Amy Rebera.

## Did You Know That Lifelong Travels?

Travel with friends while traveling all over! Lifelong is planning a variety of intriguing trips for the 2011 calendar.

Take in a performance of *Car-men* at the Glimmerglass Opera, an American Ballet Theatre performance of *Swan Lake* at the Metropolitan Opera House in Lincoln Center, New York City or the Running to Places Theater Company's performance of *Spring Showcase* at our own Hangar Theatre and much more.

To find a full listing of trips and updated travel calendar check us out online at [www.tclifelong.org](http://www.tclifelong.org) or stop in at Lifelong, 119 W. Court St. Ithaca, NY.

**Senior Circle**  
Lifelong: Enhancing the Second Half  
119 W. Court St. • Ithaca, N.Y. 14850  
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### INSIDE THIS ISSUE

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## Free Help Available to Local Forest Owners



Woodlands are a valuable resource in New York State. Over 13 million acres of woodland in NY State are privately owned by families. Individuals 55 years old and older own 66% of NYS woodlands of 10 acres or more. Are you one of those people who own forest land?

At this point in your life, are you wondering what to do with your woodlands? Do you have a hard time keeping up with your woodland management because of health concerns? Are you thinking about selling land in order to pay property or school tax? Does your estate plan include what you want to do with your woodlands?

The NY Master Forest Owner volunteer program provides free, on-site visits to private forest owners. In an effort to help forest owners develop their forest ownership

objectives and find the assistance needed, the NY Master Forest Owner Program was established in 1991. Since then, over 400 volunteers have been trained through Cornell Cooperative Extension. These volunteers have collectively visited over 1,200 forest owners throughout the state. Currently, there are over 200 active volunteers across the state ready to provide encouragement and information to their forest owning neighbors.

Call Cornell Cooperative Extension of Tompkins County at 272-2292 to ask about the Master Forest Owner Program. You may arrange to have a free, no-obligation visit to your woodlot from a volunteer to discuss your management concerns. The MFO volunteer will not give you advice or a solution. The MFO volunteer will ask you questions, walk your woodland with you, and offer you resources that can help you to plan and make important decisions.

The MFO volunteer is not a professional forester, but has experience with his or her own woodlands complemented by a 4-day training provided by Cornell Cooperative Extension and on-going educational programs.

The NY Master Forest Owner/COVERTS Program is sponsored by: New York Forest Owner Association, Robert H. Wentorf Foundation, Inc., USDA Renewable Resources Extension Act, and

Cornell Cooperative Extension with cooperation from NYS DEC's Division of Land and Forest.

For more information about the program's benefits and opportunities, contact Gary Goff, Cornell Cooperative Extension, 104 Fernow Hall, Ithaca, NY 14853-3001, call him at 607-255-2824, or e-mail him at [grg3@cornell.edu](mailto:grg3@cornell.edu).

If you have forest want to schedule a visit by a Master Forest Owner Program volunteer, call Cornell Cooperative Extension of Tompkins County at 607-272-2292.

## May Is 2011 Older Americans Month: *Older Americans Connecting the Community*

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of Older Americans Month for 2011 is *Older Americans: Connecting the Community*. It pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histo-

ries, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact the **Tompkins County Office for the Aging** (274-5482 or [www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)) to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

The *Senior Circle* is partially funded by the **Tompkins County Office for the Aging.**

Senior Circle is published four times a year by Lifelong, 119 W. Court St., Ithaca, NY 14850, and contains information on activities and services which add to the quality of life for older adults and assist them to maintain an independent lifestyle.

**The SENIOR CIRCLE is designed by Gary Marsden Printing and Graphic Arts 607-273-7082**

## Special Senior Services

### Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues affecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at [www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)

### Help With Yard Work

The **Office for the Aging** maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. If you are in need of some help with your yard work, please give us a call at 274-5482.

### Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$38 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Limited scholarships are available for those who cannot afford the full program fees. Longview's Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call (607) 375-6320.

### Need a Break? Project CARE Might Help!

The **Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the Office for the Aging, 274-5491. Additionally, if you are interested in volunteering, please call the Office for the Aging, 274-5491, for more information about Project CARE.

### Options for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or your loved one are in need of an experienced housekeeper, personal aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals. The Registry prescreens and checks reference for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact the Registry Coordinator, Cheryl Baker, at the Finger Lakes Independence Center, 272-2433.

**Tompkins County Office for the Aging • 607-274-5482  
320 N. Tioga St., Ithaca, NY 14850 • [www.tompkins-co.org/cofa/](http://www.tompkins-co.org/cofa/)**

# SAGE: Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders

SAGE is proud to announce the launch of a new caregiving portal on the National Resource Center on LGBT Aging website.

Caregiving is an issue that affects all of us – most of us will be caregivers or need care at some point in our lives. Providing care for a loved one can be difficult under any circumstances, but LGBT caregivers, in particular, face several unique challenges.

The Resource Center’s caregiving section is designed to address these challenges. Please visit [www.lgbtagingcenter.org](http://www.lgbtagingcenter.org) to check out new caregiving articles, presentations and other resources, including:

- [Informative Articles](#) on a number of LGBT caregiving issues, from the legal documents LGBT caregivers need, to finding LGBT-friendly home care workers
- [Videos](#) that vividly illustrate the issues unique to LGBT caregiving
- [Publications](#) for LGBT older adults and service providers, such as financial planning kits, tips for working with transgender clients and the latest research on LGBT aging issues
- [Links to local resources in communities across the country](#), from caregiving and health care locators, to LGBT community centers
- [Training and continuing education resources](#) for aging services and providers and LGBT organizations to help insure that institutions serving older adults are welcoming to LGBT elders.

# The Tompkins County Ombudsman Program

The Tompkins County Long Term Care Ombudsman Program is looking for people interested in improving the lives of Nursing Home Residents.

Ombudsmen advocate for residents. They can help with issues like these:

- Residents’ care and rights
- Personal concerns
- Financial concerns
- Food service
- Administrative policies
- Medical services
- Resident/Staff misunderstandings
- Suspected neglect, mistreatment or abuse
- Other community resources

If you are interested in becoming

a trained certified Ombudsman, please contact Marilyn R. Chase at the **Tompkins County Office for the Aging**, 274-5488.

# HIV, AIDS, and Older People

*National Institute on Aging*  
*Grace was dating again. George, a close family friend she had known for a long time, was starting to stay overnight more and more often. Because she was past childbearing age, Grace didn’t think about using condoms. And because she had known George for so long, she didn’t think to ask him about his sexual history. So, Grace was shocked when she tested positive for HIV.*

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**What Is HIV? What Is AIDS?**

Like most people, you probably have heard a lot about HIV and AIDS. You may have thought that these diseases weren’t your problem and that only younger people have to worry about them. But anyone at any age can get HIV/AIDS.

HIV (short for human immunodeficiency virus) is a virus that damages the immune system – the system your body uses to fight off diseases. HIV infection leads to a much more serious disease called AIDS (acquired immunodeficiency syndrome).

When the HIV infection gets in your body, your immune system can be made weaker. This puts you in danger of getting other life-threatening diseases, infections, and cancers. When that happens, you have AIDS. AIDS is the last stage of HIV infection. If you think you may have HIV, it is very important

to get tested. Today there are drugs that can help your body keep the HIV in check and fight against AIDS.

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**What Are the Symptoms of HIV/AIDS?**

Many people have no symptoms when they first become infected with HIV. It can take as little as few weeks for minor, flu-like symptoms to show up, or more than 10 years for more serious symptoms to appear. Signs of HIV include headache, cough, diarrhea, swollen glands, lack of energy, loss of appetite, weight loss, fevers and sweats, repeated yeast infections, skin rashes, pelvic and abdominal cramps, sores in the mouth or on certain parts of the body, or short-term memory loss.

You can now also test your

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# Recognizing Financial Exploitation

Caregivers’ Corner



David Stoyell

Any of the following changes—at home, in the person’s demeanor, in their financial transactions, and in their caregivers, can be signs of financial exploitation and should be treated seriously:

## At home

- Collection notices for unpaid bills
- Lack of food in the home
- Evidence of physical neglect
- Missing valuables
- No bank statements

## Changes in a person’s demeanor

- New worry about their finances, especially missing funds
- Inability to remember making certain financial transactions
- Implausible explanations about what they are doing with their money
- Fears they will be institutionalized unless money is given to a particular person
- Afraid to answer questions in the presence of another

## Questionable Transactions

- More frequent ATM transactions
- Large withdrawals from bank account
- Signatures on withdrawal forms that are suspicious
- Amounts and signatures that seem to be written with different pens
- New bank loans or debts

## Suspicious Relationships with Caregivers

- New friends or relatives who are suddenly spending a lot of time with the person and appear too interested in their finances

- The person is becoming increasingly isolated and overly dependent on a single relative, friend or professional caregiver
- A caregiver who speaks for the person in a silencing way
- The person seems nervous around, or afraid of, a particular relative, friend or caregiver
- Someone inexplicably gains control over the person’s finances

*Here are some of the reasons that a victim of financial exploitation may not ask for help:*

- **Denial-** unable to acknowledge it is occurring
- **Loyalty-** feel they are treated well in other ways
- **Self-blame-** abuse erodes a person’s self-esteem
- **Shame-** that a trusted relative or caregiver is abusing them
- **Dependency-** needing their help for basic care
- **Fear of Retaliation-** fear that no one will protect them from worse forms of mistreatment if they complain
- **Inability-** may not be able to detect or report exploitation due to physical or mental incapacity

## What should you do if you suspect abuse?

Get information to clarify the events and circumstances that prompted the suspicions. Review existing documents and collect missing information, especially in the areas of housing expenses, food purchase and preparation, management of financial assets, wages and other compensation paid to caregivers and method of

payment. Clarify whether other people who live in the household contribute to household expenses.

Address any emergency situations without delay (e.g., to avoid eviction or disconnection of basic utilities for non-payment) or find an agency or person who can help. If you suspect criminal activity, alert local law enforcement. Take definitive steps to prevent subsequent financial exploitation.

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## Workshops for Family Caregivers at Cooperative Extension 615 Willow Avenue, Ithaca:

*(Register for either or both of the following free workshops for family caregivers by calling the Office for the Aging, 274-5482.)*

## Caregiving from a Distance Tuesday, May 10 Noon-1:30 PM

Jessica Gosa, MSW, the Senior Services Coordinator at Family and Children’s Service, will address concerns of those who live a short distance or many miles away from a family member with long term care needs: assessment of needs, communications issues, coordinating care and other issues of concern to those in attendance.

## Legal and Financial Issues for Caregivers

**Wednesday, June 15 Noon-1:30 PM**

Joy Blumkin, a local elderlaw attorney, will address common concerns of the elderly and their family caregivers such as planning for the expense of long term care and planning for incapacity (advance directives, guardianships, trusts).



## HIV

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blood at home. The “Home Access Express HIV-1 Test System” is made by the Home Access Health Corporation. You can buy it at the drug store. It is the only HIV home test system approved by the Food and Drug Administration (FDA) and legally sold in the United States. Other HIV home test systems and kits you might see on the Internet or in magazines or newspapers have not been approved by the FDA and may not always give correct results.

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### How Do People Get and AIDS?

Anyone, at any age, can get HIV and AIDS. HIV usually comes from having unprotected sex or sharing needles with an infected person, or through contact with HIV-infected person, or through contact with HIV-infected blood. No matter your age, you may be at risk if:

- You are sexually active and do not use a latex or polyurethane condom. You can get HIV/AIDS from having sex with someone who has HIV.

The virus passes from the infected person to his or her partner in blood, semen, and vaginal fluid. During sex, HIV can get into your body through any opening, such as a tear or cut in the lining of the vagina, vulva, penis, rectum, or mouth. Latex condoms can help prevent an infected person from transferring the HIV virus to you. (Natural condoms do not protect against HIV/AIDS as well as the latex and polyurethane types do.)

You do not know your partner's drug and sexual history. What you don't know can hurt you. Even though it may be hard to do, it's very important to ask your partner about his or her sexual history and drug use. Here are some questions to ask: Has your partner been tested for HIV/AIDS? Has he or she had a number of different sex partners? Has your partner ever had unprotected sex with someone who has shared needles? Has he or she injected drugs or shared needles with someone else? Drug users are not the only people who might share needles. For example, people with diabetes who inject insulin or draw blood to test glucose levels might share needles.

You have had a blood transfusion or operation in a developing country at any time.

You had a blood transfusion in the United States between 1978 and 1985.

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### Is HIV/AIDS Different in Older People?

A growing number of older people now have HIV/AIDS. Almost one-fourth of all people with HIV/AIDS in this country are age 50 and older.

This is because doctors are find-

ing HIV more often than ever before in older people and because improved treatments are helping people to live longer with the disease.

But there may even be many more cases than we know about. Why? One reason may be that doctors do not always test older people for HIV/AIDS and so may miss some cases during routine check-ups. Another may be that older people often mistake signs of HIV/AIDS for the aches and pains of normal aging, so they are less likely than younger people to get tested for the disease. Also, they may be ashamed or afraid of being tested. People age 50 and older may have the virus for years before being tested. By the time they are diagnosed with HIV/AIDS, the virus may be in the late stages.

The number of HIV/AIDS cases among older people is growing every year because:

- Older Americans know less about HIV/AIDS than younger people do. They do not always know how it spreads or the importance of using condoms, not sharing needles, getting tested for HIV, and talking about it with their doctor.
- Healthcare workers and educators often do not talk with middle-aged and older people about HIV/AIDS prevention.
- Older people are less likely than younger people are to talk about their sex lives or drug use with their doctors.
- Doctors may not ask older patients about their sex lives or drug use or talk to them about risky behaviors.

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### Treatment and Prevention

There is no cure for HIV/AIDS. But if you become infected, there are drugs that help keep the HIV virus in check and slow the spread of HIV in the body. Doctors are now using a combination of drugs called HAART (highly active antiretroviral therapy) to treat HIV/AIDS. Although it is not a cure, HAART is greatly reducing the number of deaths from AIDS in this country.

Remember, there are things you can do to keep from getting HIV/AIDS. Practice the steps below to lower your risk:

- If you are having sex, make sure your partner has been tested and is free of HIV. Use male or female condoms (latex or polyurethane) during sexual intercourse.
- Do not share needles or any other equipment used to inject drugs.
- Get tested if you or your partner had a blood transfusion between 1978 and 1985.
- Get tested if you or your partner has had an operation or blood transfusion in a developing coun-

## Let's Do Lunch in Trumansburg



You're invited! Join us for a meal at the Senior Nutrition Program in Trumansburg. Lunch is served at noon, Monday through Friday at First Baptist Church lo-

cated on Seneca Road East in Trumansburg. Come in to experience nutritious food and great company in a community setting. Interested in getting involved? Call (607) 387-3015 with any questions or to reserve your seat. More information is also available at [www.foodnet.org](http://www.foodnet.org). We hope to see you there!

The Trumansburg Senior Nutrition Program is sponsored by the Tompkins and Seneca County Offices for the Aging and Foodnet Meals on Wheels. The first Thursday of each month is birthday day and features the latest news from the world of food presented by Jeannie Freese Popwitch from Cornell Cooperative Extension.



try at any time.

Locally, you can call the Southern Tier AIDS Program at 272-4098 for more information.

## Social Security Information on Retirement

What's the easiest way to apply for retirement benefits?

You can apply for retirement benefits using the online *Retirement Application* at [www.socialsecurity.gov/retire](http://www.socialsecurity.gov/retire). It's fast, easy and se-

cure. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. *How can I get an estimate for my retirement benefit?*

The online *Retirement Estimator* uses your Social Security earnings record to estimate your future benefits.

To use the *Retirement Estimator*, go to [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

There you can enter certain identifying information about

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SOCIAL SECURITY

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yourself.

As long as the personal information you provide matches Social Security’s records, you can use the *Retirement Estimator* to enter other information, such as your expected retirement age and estimated future wages. This information will be combined with the information that Social Security has on record about your past earnings to provide a quick and reliable online benefit estimate.

A Spanish-language *Retirement Estimator* is also available at [www.segurosocial.gov/calculador](http://www.segurosocial.gov/calculador).

Book Nook  
*The Tiger’s Wife*

by Tea Obreht

Natalia Stefanovi is a young doctor doing good-will medical missions in an unnamed Eastern European country when she gets word from home that her beloved grandfather, also a doctor, has died. Searching for answers about his death, Natalia is also plagued by distant memories of the time she spent with her grandfather, and the lush, dreamlike folk tales he told her during her childhood, especially when they visited the zoo to see the tigers. The ensuing tale of a tiger who escapes the zoo after the Germans bomb it and a deaf-mute woman who eventually is known as the tiger’s wife lends to the novel’s magical beauty.

Obreht is the youngest of the *New Yorker’s* 20-Under-40 writers, and earned her MFA in creative writing from Cornell University in 2009.

With comparisons to Tolstoy, Kipling, and Gabriel Garcia Marquez, and praise from authors T.C. Boyle and Ann Patchett, Obreht is definitely a writer to watch over the coming years.

A novel of imagination, folklore, realism, and fantasy, the praise is well-deserved for this beautiful debut.

— Sarah Glogowski  
Adult Services Librarian  
Tompkins County  
Public Library

Green Tidbit: Grow  
a Lush, Green Lawn

By Sharon Anderson, Environment  
Program, Cornell Cooperative  
Extension of Tompkins County

Lawns are prominent features of most home landscapes, providing both environmental and aesthetic benefits. They are attractive green

carpets that complement and tie together the property. Lawns are vital for retaining soil in areas with foot traffic and reducing erosion on slopes. Their shallow root systems make them ideal over septic system drain fields. Healthy lawns are safe and comfortable places on which to play and relax outdoors. It is no wonder so much time and energy is spent maintaining them.

You can have a beautiful lawn while still being kind to the environment by following Integrated Pest Management (IPM). This fancy term is an organized way of growing healthy plants and using the least toxic techniques to manage pests. Although it requires a bit more patience, over the long run it has proven to be effective and beneficial to humans and the planet. The key to IPM is creating a healthy lawn because it will have a far better chance of fending off pests. When fertilizers and pesticides are deemed beneficial, use the smallest amount needed and apply at the appropriate time. Take care to keep chemicals away from environmentally sensitive areas such as near water bodies and drinking water wells, where the soil is sandy, or if the soil layer above bedrock or groundwater is thin. If applied incorrectly, lawn fertilizers and pesticides may find their way underground as invisible, dissolved compounds. Carried by groundwater as it moves below the land’s surface, pollution can spread and contaminate drinking water.

If you use a lawn care service, choose one that follows IPM and customizes care to your lawn’s needs. Many companies use a “one size fits all” standard mix of fertilizers and pesticides, which may not be the right amount for your lawn. In order to appreciate the steps of IPM, it helps to understand basic information about fertilizers and pest control.

Most lawn fertilizers contain three nutrients – nitrogen, phosphorus and potassium (N-P-K). Each bag of fertilizer lists the percentage, by weight, of N-P-K such as 21-3-20. Although these nutrients are needed to have a dense, healthy lawn, some homeowners apply too much fertilizer. To find out the amount of fertilizer that could benefit your lawn, have the soil tested for nutrients every three years. Soil test results indicate the amount of fertilizer to apply over the course of one year. Applying extra nutrients wastes your money and can harm, rather than help, your lawn. Too much fertilizer can also harm our water. If plants can’t use all the nutrients that are applied those nutrients may run off or seep into groundwater.

The best time to apply fertilizer is early September (around Labor Day). The amount recommended by a soil test can also be divided in half for an early application mid-

May to early June (around Memorial Day). Avoid the temptation to apply fertilizer in early spring or late fall. Your grass may green up sooner in the spring but this practice will not encourage the dense root system needed to prepare the turf for harsh summer conditions. And speaking of timing, the best time to seed a lawn is late summer to early fall. Cool temperatures prompt root growth, the foundation of a healthy lawn. If you need to seed a lawn in the spring, follow the steps in the Home Lawn Bulletin (IB185), available through Cornell Cooperative Extension.

Good fertilization practices that promote healthy grass help protect against pests. Healthy grass can better ward off pests of all kinds. The second step for pest control is early detection. If there is a problem, correctly identify the pest and the extent of its damage before deciding if treatment is necessary. With insects this is important because healthy lawns can take a certain amount of insect pressure without suffering any damage and many insects found in lawns are not even harmful. Some weeds attract beneficial insects and some enhance a

landscape by adding beauty or being edible. Lawn diseases are primarily caused by fungi. The few fungi that are potentially harmful usually can co-exist with grass without damaging it as long as the grass is not stressed by improper lawn maintenance or environmental conditions.

Following the steps above will help keep your lawn dense and healthy, able to fend off much of the damage caused by pests. If you still have problems, choose the least toxic option that is likely to be effective. Then use only as directed, taking precautions to protect your family and the environment. Note that if you decide to apply pesticides, Tompkins County laws require that neighbors be notified. Contact the county Department of Health for details on the Neighbor Notification Law.

Adapted from *Smart Steps for Clean Water*, which has more detailed information on lawn care and other ways to protect the environment. Available at [www.cayugalake.org](http://www.cayugalake.org). For more lawn care tips also visit <http://www.dec.ny.gov/public/44290.html>.



You are invited to attend  
Tompkins County Office for the Aging  
Advisory Committee’s

Annual Luncheon 2011  
Keynote Speaker

Greg Olsen  
Acting Director of the New York State  
Office for the Aging

Certificates of appreciation to be awarded to "Senior Citizen of the Year" and "Outstanding Contribution by a Senior Citizen"

Thursday, May 26, 12:00pm  
Clarion Hotel, 1 Sheraton Drive, Ithaca

Meal includes choice of Eggplant Parmigiana or Broiled Salmon, Garden Salad, NY Style Cheesecake, coffee/ tea, for \$17.00 including tax and tip.

Reservations Required!  
Please RSVP by Thursday, May 19 2011

Call the Office for the Aging at 274-5490 for more information or email  
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## Lifelong Radio Show Goes Off the Air After 59 Years

by Bill Hawley

On Saturday, April 9<sup>th</sup>, the final weekly Lifelong radio show on WHCU, News Talk, 870am aired. The longest continuously running show on the station has come to an end. One thing that remains constant in life is change and the radio station could no longer provide us with a 15 minute weekly time slot.

For the past decade, Fred Antil has been the moving force behind the weekly Lifelong radio show, formerly known as *Senior Time*. The show has aired on WHCU for the past 59 years and even though other volunteers and staff of Lifelong have worked on the show, I think all would agree that Fred Antil has been the mainstay behind this outreach effort in recent memory.

Of course, the show has promoted the programs and services of Lifelong, which all serve to enhance the lives of senior citizens in our community. But Fred has also facilitated and conducted hundreds of interviews over the years promoting other programs and services for seniors as well.

These have included interviews regarding Advance Care Planning, Alzheimer's Association, Beechtree Care Center, Cayuga Addiction and Recovery Services (CARS), Cayuga Ridge Nursing and Rehabilitation Center, Foodnet, Funeral Consumers Alliance of the Finger Lakes, Gadabout, Hospicare and Palliative Care Services, Ithaca College Gerontology Institute, Kendal at Ithaca, Longview, McGraw House, Powerful Tools for Caregivers and Visiting Nurse

Service of Tompkins County. Fred conducted interviews with many members of the staff of the County Office for the Aging promoting their programs and services as well. Other interviews address other programs serving the community such as Cayuga Medical Center, Family and Children's Services, and IPEI (Ithaca Public Education Initiative), and community leaders such as Ithaca's Mayor, and the presidents of Cornell, Ithaca College, and TC3.

In addition to planning and recording interviews for the weekly program, Fred has been one of the show's senior co-hosts and has written scripts for the Lifelong portion of each week's program.

Writing the script, timing it for recording, editing and recording the show has been a labor of love for Fred. That volunteer labor has supported practically every program and service for seniors over the past decade. Thanks Fred!

For the past few years, the Cayuga Medical Center and the Tompkins Trust Company have sponsored the show and given generously so that the show could continue to air and get the word out regarding particular issues and topics concerning older adults. During those years, the show has featured a monthly interview with either a representative from Cayuga Medical Center speaking about a health issues facing seniors or someone from the Tompkins Trust Company addressing financial topics of interest.

Of course, there have been some other folks involved with the show as well. Fred joined Rose Sanford as the co-host of the show when the late Joe Leeming retired from many years as the show's co-host. When Rose felt it was time to pass the mantle, we increased the

size of the radio crew and included both senior and staff co-hosts. Some will fondly remember the voices of Daisy Sweet and John Reynolds on the show before their deaths. More recently, Chuck Brodhead, Joe Cassaniti, Greta Colavito and Bill Paleen have been senior co-hosts along with Fred Antil. In addition to our own Lifelong staff (Jillian Pendleton, Lillian Hartman, Diane Dawson, Marie Hall), who have worked on the show, we are grateful to Josh Martin at the Cayuga Radio Group for his help in producing the show.

Lifelong will still have an on-air presence on WHCU but in a different format. The Tompkins Trust Company will continue to sponsor us so that Lifelong will be able to air 15 "one minute spots" per week on WHCU.

These will be dispersed throughout the week and will feature two or three announcements or topics each week. We are grateful to Rudy Paolangeli for volunteering to help us produce these new spots promoting the programs and services of Lifelong. Keep your ears out for ways to "Enhance the Second Half."

## Federal Benefit Payments Are Going All-Electronic

(Source: U.S. Department of the Treasury, Financial Management Service)

The U.S. Department of the Treasury now requires all federal benefit and nontax payments to be paid electronically. People applying for Social Security, Veterans benefits or other federal benefits on or after May 1, 2011, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks will need to switch to an electronic payment option by March 1, 2013.

Those who do not choose an electronic payment option at the time they apply for federal benefits

or those who do not switch by the deadline will receive their benefit payments via the Direct Express Debit MasterCard, so they will not experience any interruption in payment. If you are already receiving benefit payments electronically, you do not need to take action. You will continue to receive your payment as usual on the payment day.

Having federal benefits paid electronically by direct deposit into the bank or credit union account of your choice or into a Direct Express card account is safer, faster and more reliable than receiving paper benefit checks. In 2010, more than 540,000 Treasury-issued checks were reported lost or stolen, and had to be reissued.

With direct deposit, the Treasury Department sends an electronic message to your bank or credit union account on your usual payment day with the exact amount of your benefit payment from Social Security, VA or other federal agency. You do not have to worry about your money being stolen out of your mailbox and there is no need to make a trip to cash or deposit a check. Plus, it is better for the environment and saves taxpayer dollars. New York will save about \$6.6 million annually if all New York check recipients convert to electronic payments.

Look for media messages about the Go Direct campaign, visit your local bank or credit union for assistance to sign up for direct deposit or the Direct Express Debit MasterCard, or visit the GoDirect website at [www.GoDirect.org](http://www.GoDirect.org).

## Law Day 2011

On May 1, 2011, the United States celebrates Law Day. In 1958 President Dwight D. Eisenhower established the first Law Day as "a day of national dedication to the principles of government under law." Every president since has taken the occasion of Law Day as an annual opportunity to proclaim our nation's ongoing

*continued on page 7*

### McGraw House Apartments For Active Senior Living



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**FREE HEARING EVALUATION**  
To Determine Need For Amplification Only - Not A Medical Exam



## LAW DAY 2011

from page 6

commitment to the democratic rule of law.

In celebration of Law Day 2011, Tompkins/Tioga Neighborhood Legal Services (the Ithaca office of Legal Assistance of Western New York, Inc.®) and the Tompkins County Bar Association will present a Law Day seminar and panel discussion for seniors from 10:00AM to Noon on Wednesday May 4, 2011 at the Lifelong Activities Room, at 119 West Court Street, Ithaca. Local attorneys will speak on various topics, focusing on health care and end of life issues, including will drafting, powers of attorney, health care proxies, living wills, and the like. There will be time for questions and answers after the presentations.

In concert with the group presentation, the Neighborhood Legal Services office is coordinating an Elder Law Clinic that will match *pro bono* (volunteer) attorneys with

financially eligible seniors for individual consultations or simple document drafting, again focusing on health care and advanced care directives. NLS staff will conduct screening and intake interviews for low-income seniors to determine their eligibility for *pro bono* services and to prepare brief case summaries. Each eligible client will then be notified to make an appointment with her/his *pro bono* attorney when an appropriate match can be arranged. Interested clients are invited to call Neighborhood Legal Services at (607) 273-3667 to be screened.

## Earlier Dates for Medicare Open Enrollment in 2011

by Diane Dawson

Beginning in 2011, the Medicare Open Enrollment (also called Annual Election Period) will begin and end earlier in the fall. The dates are

October 15 through December 7, 2011. This is the time when you will want to review your overall health insurance needs, the medications you are taking, etc., to see if you want to make changes to any of the health insurance plans you currently have. During this time you can disenroll in current plans and enroll in different plans, or if you are satisfied with your coverages and costs, you do not have to make changes.

Trained Medicare counselors at Lifelong will offer open enrollment clinics in the fall and those dates will be announced in future issues of the *Senior Circle*.

Also, Diane Dawson, Retirement Services/HIICAP Coordinator at Lifelong, will offer a free "Medicare Basics" presentation on Tuesday, May 10, from 10 a.m. to noon at Lifelong, 119 West Court Street. This session will be tailored to Baby Boomers who are or will be new to Medicare and for those who would like a refresher. Please visit the spring Lifelong Learning cata-

log, page 26, or view the catalog on the Lifelong web-site, <http://www.tclifelong.org>. No pre-registration is required, but we would be happy to know in advance if you plan to attend.

## Seniors Can Turn to INHS Mini-Repair Program for Small House Repairs

by Paul Mazzarella

"My main message is to tell seniors in the City of Ithaca, 'Don't wait to call INHS. If you have something in your home that needs fixing, call us. It's OK to call anytime and don't put it off. The more time you give us (before something becomes an emergency), the more time we have to respond.'"

These words of advice were spoken by John Balliett, Ithaca Neigh-

continued on page 8

# United Way



Lifelong is a United Way agency.

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INHS MINI-REPAIR

*from page 7*  
borhood Housing Services' new Mini-Repair Specialist. He continues, "Our mission is to keep our seniors safe, secure and confident living independently in their own homes for as long as possible. We want them to be worry free."

INHS' Mini-Repair Program provides low-cost, high quality and timely repairs to seniors of moderate income who are homeowners in the City of Ithaca. The labor is provided at no charge. Some common repairs include installing grab bars and handrails, caulking windows, installing weather-stripping, fixing faucets, unclogging drains, adjusting door latches and replacing hard-to-reach light bulbs. For larger repairs, John is knowledgeable about other housing programs that may be able to help.

John offers 30 years experience as a handyman doing household repairs as well as experience working with seniors through his tenure on the Beechtree Care Center (formerly Reconstruction Home) Family Council.

To request repair assistance call INHS at 277-4500.

Leadership Tompkins Urges Diabetes Awareness

*by Diane Dawson*

Did you know that Medicare will pay for diabetic screenings? Many people have diabetes and do not know it until they have complications. Be proactive! Don't let this happen to you! Talk to your doctor today about getting a free screening for diabetes! If you have questions, please call Lifelong at 273-1511 or the Office for the Aging at 274-5482.

Leadership Tompkins Community Action Project this year was to expand awareness about diabetes and pre-diabetes screening that is now covered once a year by Medicare, if you have a family history or are at risk for diabetes, and twice a year if you have been diagnosed with pre-diabetes.

The committee ordered special Medicare Diabetes Screening Proj-

ect brochures, "Could I have diabetes and not know it?," and labeled them for distribution by Foodnet to 500 households and by Lifelong to about 1,200 Community Senior Group members. Announcements also were made on Lifelong radio on WHCU 870AM. Brochures are available at the County Office for the Aging and at Lifelong.


Special thanks to Leadership Tompkins Committee members: Loren Gardner, Steven Headrick, Kellie Hulbert, Roberta Norman, Betsy Shrier, and Sue Ellen Stuart for their work on this project to raise our awareness about diabetes and pre-diabetes screening available to all seniors!

RSVP Celebrates National Volunteer Week at Lifelong

Each year across America, volunteers of all ages are recognized for their service during National Volunteer Week. RSVP celebrated this year with an ice cream party for

volunteers at Lifelong on April 12. The event was one to remember with ice cream, cookies, and door prizes donated by local businesses. Senior volunteers from several not-for-profits enjoyed meeting each other and members of the RSVP Advisory Council. RSVP promotes and supports volunteerism in the second half of life. It's a national program sponsored locally by Lifelong, with recognition events during National Volunteer Week as well as in the fall.

Senior volunteers have a lot to celebrate. Volunteering is good for adults' physical, emotional and social health. It's an excellent way to stay connected to your community and see your efforts make a difference in the lives of others. The impact of many volunteers adds up – from January to December 2010, 436 RSVP volunteers served over 67,000 hours at not-for-profits in Tompkins County. Their services were valued at over \$1.9 million, according to Independent Sector estimates. If you would like to join RSVP in making our community a better place, please call 273-1511.



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From the New York State Office for the Aging to help us prevent health care fraud:

**Protect:**  
Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers out to strangers or to people who call you on the phone.  
Remember, Medicare does not call or visit to sell you anything.  
Don't carry your Medicare or Medicaid card unless you need it. Only take it to doctor appointments, visits to your hospital or clinic, or trips to the pharmacy.  
Record doctor visits, tests and procedures in your personal health care journal or calendar.  
Save Medicare Summary Notices (MSN) and Part D Explanation of Benefits (EOB) in a file. Shred the documents when they are no longer useful.

**Detect:**  
Always review your Medicare Summary Notice and Part D Explanation of Benefits for mistakes.

*continued on next page*

Please take a moment and check your address label and let us know if it's incorrect in any way.

Write us at Lifelong, attn.: Sue Capista, 119 W Court St, Ithaca, NY 14850 or email us at [scapista@tclifelong.org](mailto:scapista@tclifelong.org). Thank You!

## HEALTH CARE FRAUD

from page 8

Access to your current Medicare account is available 24 hours a day at <http://www.MyMedicare.gov>

Compare your MSN and EOB to your personal health care journal and prescription drug receipts to make sure they are correct.

Look for three things on your billing statement: Charges for something you didn't get; billing for the same thing twice; and services that were not ordered by your doctor.

### Report:

If you suspect errors, fraud or abuse, report it immediately! If you have questions about your MSN or EOB, call your health care provider or your insurance plan first. If you are not comfortable calling your provider or plan, or you are not satisfied with the response you get, call the New York State SMP Medicare Fraud Hotline at 1-877-678-4697.

SMP = Senior Medicare Patrol, funded in part by the U.S. Administration on Aging (AoA)

## Summer Fun with the Northside/Southside Program

Once again we will have our summer movie series on Thursdays from June 9 through August 11 at 2:30 p.m. We have chosen quite a diverse mix for your viewing pleasure.

New this summer is our gardening program called Victory Gardens in a Box. Pull out your gloves for our first meeting in April 21, 2011, to get the garden started. Come out and see how much you can grow in a small container. We will start April 21<sup>st</sup> and continue throughout the summer.

Come to the June 7th Gathering at noon to find out the history behind Juneteenth. Then help us celebrate one of the oldest African American celebrations to be held at

the Southside Community Center on June 18<sup>th</sup>.

Our Annual Picnic will be a dish-to-pass affair, held at the Titus Towers Pavilion (rain or shine) on July 21, 2011, between 11 a.m. and 2 p.m.

## What's Changed With Our Taxes?

Some things you just can't avoid, like death and taxes. Neither subjects are things we like to think about, but we must.

On Wednesday, May 18 at 10 a.m. Tom Vanderzee, CPA, and Brad Carruth, Lifelong Board Member and retired Trust Officer from Cornell University, will discuss the constantly changing landscape of tax codes and estate planning. This is a free presentation offered at Lifelong.

Our local, state and federal governments have an array of taxes on our income, real estate, capital gains, and estates to one degree or another. Many recent changes in the tax codes, some substantial and others very subtle, require a new review so individuals and families can determine if changes are required in their planning to protect, preserve, and distribute assets now and in the future. A good overview, many timely examples of frequent tax dilemmas and ample time for questions will be part of the discussion.

## Walk with Lifelong!

### Come walk with us!

Lifelong's Walk Program will be returning on Wednesday, May 4<sup>th</sup> with a walk to the History Center in Tompkins for a guided archive tour of the Civil War exhibit. The group will meet at Lifelong in the lounge at 12:30pm. There will be a suggest donation to the History Center of \$1.00 for this walk. The second walk of the season will be on Friday, May 20<sup>th</sup>, again meeting at 12:30pm in the lounge at Lifelong.

We will walk along Cascadilla Creek thru the Fall Creek area to reach the Ithaca Falls. There will be no fee for this walk.

To sign up for either of these walks or to be notified of future

walks, please contact Lifelong at 273-1511 or email Jillian Pendleton at [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org). Come and breakout of that winter hibernation with fresh air and great company. Hope to see you there!!!

## Senior Bowling League



Janet Volpicelli at the Bowl-O-Drome in Ithaca.

Are you looking for a fun way to get some exercise and meet good people? The Senior Bowling League and Women's Bowling League meet weekly from Labor Day through mid-April. This might be just the kind of fun you've been waiting for.

Bowlers in the senior league must be age 50+. The oldest members are in their 90's; some bowlers have been on the league for over 20 years! Beginners through experts are welcome, with current averages ranging from the 90's to 200's. To even out the playing field, the league bowls with a 200 handicap. You should consult your doctor before beginning any exercise routine, but 2 or 3 players have had hip replacements and are still able to bowl. The lightest balls are 8 lbs and the heaviest are around 16 lbs.

The Senior League gives awards each week for good bowling based on your average. At the end of the year, bowlers and teams win prize money at a dish-to-pass. Most bowlers aren't interested in winning money; they come to enjoy companionship with people their own age, exercise, and to have a good time. If you bowl well you're recognized, but if not it's not a big deal. Teams in this league do a lot of laughing! It's a non-sanctioned league, which means there's no \$20 fee to the United States Bowling Congress (USBC).

New bowlers are welcome to join the substitute list where they will be called if needed to fill in for a regular player. Subs don't have to pay to bowl. Regular spots occasionally open, and there is room for expansion. 4 people can join together and form a new team. Balls and shoes can be borrowed from the lanes. Come to the

alley any Thursday next fall to see if you like it, or contact Secretary Linda Howser 539-3175 to join.

The Bowl-O-Drome also hosts a Women's League that meets Wednesday mornings. This is a sanctioned league with 11 members going to state tournament this year. The USBC supplies prizes like patches to track bowling accomplishments. At the end of the season bowlers celebrate with a luncheon where they are awarded cash prizes.

Like the Senior League, bowlers range in scores from the 70's to the 200's. Aside from friendly competition, the Women's League offers a chance to socialize and have relationships with other women. The Women's League is at capacity but could use substitutes to bowl a free game when a regular player is out. Contact Elline Weiner at 275-7420 to join, or stop by on a Wednesday morning next fall.

### Senior Bowling League

- Meets: Thursdays 12:10-3 p.m. at the Ithaca Bowl-O-Drome
- Cost: \$8/week for members, free for subs (2010-11 season)
- Teams: 4 people, any mix of men and women
- Eligibility: Age 50+
- USBC Sanctioned: No
- Contact: Linda Howser, 539-3175

### Women's Bowling League

- Meets: Wednesdays 9:15 a.m. - noon at the Ithaca Bowl-O-Drome
- Cost: \$9/week for members, free for subs (2010-11 season)
- Teams: 3 women, currently ranging from 30's to 90's in age
- USBC Sanctioned: Yes
- Contact: Elline Weiner, 275-7420

# LivingLife



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SENIOR FOCUS  
*continued from page 1*

with the means to travel. After graduating from Ludlowville High School, Margaret attended Alfred Ag and Tech School for Secretarial Sciences. She spent the next nineteen years working for the International Salt Company, Cornell University, GLF (which later became Agway) and the Savings Bank. She even opened her own business on Buffalo St. in Ithaca, called Help Ltd. which provided temporary, skilled clerical workers to local businesses. Hard work and industry are values that were an underpinning of Margaret's adventures.

In 1953 she ventured forth from Myers Heights to Syria (the first American, single girl to go to the village of her grandfather) where she stayed for 6 months, visiting her relatives and becoming familiar with life in that part of the world. On the boat over, she met her future husband who was an engineer on the boat. He was from Cairo, Egypt and eventually she traveled there to live for a time. Margaret and her

husband had one child, a son, Riad, of whom Margaret is justifiably proud. Her son travels for business to different parts of the world and when he was young he often accompanied his mother on her many trips. Margaret has traveled (multiple times in some cases) to Syria, Egypt, Turkey, Tangiers, Columbia, France, Italy, Caracas, Portugal, Greece, Lebanon, Spain, Brazil, Peru, Argentina, Haiti, Bermuda, Nassau, Puerto Rico, Jerusalem, Trans Jordan and Canada.

Margaret has a broad world view after having traveled as much as she has. However, home will always be Myers Heights. This is where her family is. This is where her strong memories of love and support reside.

**Lifelong Supports  
Safe Medication  
Disposal**

*by Diane Dawson*  
The Tompkins County Coalition for Safe Medication Disposal held



**Mary Ryan**

another highly successful collection day on Saturday, April 9. Diane Dawson, HIICAP Coordinator at Lifelong and a member of the Coalition, coordinated the first satellite location at Juniper Manor I in Trumansburg. Mary Ryan, pictured above, volunteered at the event and is also a Lifelong RSVP volunteer at the Gemm Shop in Trumansburg. Mary was the first to

volunteer to assist with more of these events in the future!

From 9 to 10:30 a.m. 47 households were served and over 61 pounds of medications, including

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The importance of time when a heart attack occurs cannot be overemphasized. Advanced technology has allowed doctors to intervene and actually interrupt the heart damage occurring during a heart attack.



What should I know about **heart-attack** symptoms?

- 1 Symptoms can occur in the center of the chest from the bottom of the ribs to the neck, and may also involve the throat, arms, jaw, and back.
- 2 The sensation can feel like pressure, heaviness, burning (similar to indigestion), an ache, or a feeling of tightness.
- 3 Patients often describe these symptoms as discomfort, rather than severe pain.
- 4 The symptoms don't go away, they are constant.
- 5 The symptoms may be accompanied by shortness of breath, nausea, vomiting, and sweating.

Anyone with any combination of these symptoms needs immediate care and should call 911.

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many controlled substances, were collected to prevent accidental overdose and keep medications out of compost and our ground water. This collection became part of the 823 pounds collected for the day from Trumansburg, Newfield, and at TCAT.

Special thanks to Sue Roenke, Manager of Juniper I, Trumansburg Police Officer, Andy Jacobson, and volunteers Linda Kessler, Amy and Brandon Green of the Ambulance Squad, and Shane Wilkins, New Visions student at Cayuga Medical Center, for making this event possible!

## FOODNET: Mayors For Meals Day

On March 23<sup>rd</sup>, participants of Foodnet Meals on Wheels had the pleasure of meeting various public officials for Mayors For Meals Day. This annual event invites mayors and other community leaders to deliver meals with their local Meals On Wheels program to seniors in their community.

Mayors For Meals Day is a part of the national campaign called March For Meals, created by the Meals On Wheels Association of America. The goal of the campaign is to increase awareness and show

support for local Meals On Wheels programs like Foodnet.

After taking part, Mayor of Trumansburg, Marty Petrovic explained "...we believe in the Meals on Wheels programs and wanted to help." Other local leaders who delivered meals on March 23<sup>rd</sup>, 2011 include:

**Mayor of Trumansburg,**

Marty Petrovic

**Town Supervisor of Caroline,**

Don Barber

**Tompkins County Administrator,**

Joe Mareane

**Police Chief of Ithaca,**

Edward Valley

*More exciting events to come!*

\*\*\*

**2011 Wheel-a-thon and Tailgating Party on Saturday, June 11 located at Cass Park Rink in Ithaca.** At 5:30pm meet the Bluestockings Roller Girls then at 7pm watch the Ithaca SufferJets Roller Derby team play the Blitzburgh Bombers. Visit [www.foodnet.org](http://www.foodnet.org) to see photos of roller derby volunteers in action at Foodnet Meals on Wheels. You can even watch a short movie to see how roller derby is played! **Foodnet Picnic at Stewart Park at noon on Friday, June 24<sup>th</sup>.** Foodnet participants from all of Tompkins County will gather together for a lovely day in the park. Family, friends, caregivers and volunteers are all invited. Call (607) 266-9553 to sign up.

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